

May 2014



KICKAPOO ENVIRONMENTAL OFFICE

The Green Clan

An Introduction To Our Newest Team Members

Heather Wahwahsuck, Administrative Assistant, 785-486-2601 x 8

And Jim Reitz, Environmental Specialist, 785-486-2601 x 3

My name is Heather Wahwahsuck, I recently joined the Kickapoo Environmental Office as the new Administrative Assistant. I am a Kickapoo Tribal Member and I also reside on the Kickapoo Reservation. I am married to Craig Wahwahsuck Sr and we have four children and 1 grandson. I am excited to have the opportunity to work with the KEO staff..



Hi, my name is Jim Reitz. I am one of the new members of the Kickapoo Environmental Office (KEO). I started working in April on a part time basis and will be here fulltime starting May 5. I have lived in Nemaha County near Seneca, Kansas since 1980. My formal education is in production agriculture. I am a former Buffer Coordinator for the Brown, Nemaha and Jackson County Conservation Districts promoting and implementing vegetative filter strips along rivers and streams to help prevent or reduce the potential of pollutants entering the water supply. I have been an active participant on the Delaware River Watershed Restoration and Protection Strategy's (WRAPS) Stakeholders Leadership Team. I am looking forward to working with everyone to help plan and implement comprehensive environmental programs for the KTIK that will enhance and protect its natural resources. I can be contacted at 785-486-2601 ext. 3.





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May Is Asthma Awareness Month

Asthma is a serious lung disease which causes swelling of the airways which carry air to the lungs. During an asthma attack, the airways become narrow, making it difficult to breathe. Symptoms of asthma include wheezing, coughing and shortness of breath. Asthma can sometimes cause death.



Over 20 million Americans have asthma. It is one of the leading causes of long-term illness among children. One out of every 10 school-aged children has asthma.

Asthma can be controlled by working with a doctor to develop a written Asthma Management Plan. This plan should include the following:

- A list of your asthma triggers
- Instructions for proper use of asthma medications
- Instructions for using a daily symptom diary and peak flow meter
- Information about how to stop an asthma attack after it starts
- Instructions for when to know to call the doctor

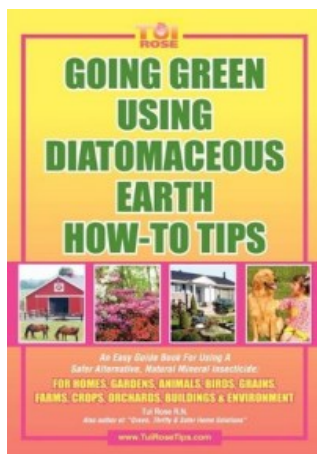


Asthma is often triggered by allergens and irritants (“asthma triggers”) that are common in homes. Common asthma triggers include secondhand tobacco smoke, dust mites, pests such as cockroaches and rodents, and molds growing in the home. Many of us spend most of the time indoors, so reducing triggers in the home can help to relieve the discomfort of asthma. With medical treatment and control of environmental triggers, asthma can be controlled.



For additional information about control of asthma triggers in your home, please contact your Air Quality Coordinator, Scott Weir, by phone at 486.2601 ext. 2, by e-mail at scott.weir@ktik-nsn.gov, or just drop by the Environmental Office for a visit.

Diatomaceous Earth an Environmentally Friendly Choice for Pest Control



In another chapter of our ongoing series about pest management, this month we are shining the spotlight on diatomaceous earth. So, just what is this stuff and what does it do? The answer to the first question is that diatomaceous earth is the fossilized remains of algae, called diatoms. One of its many uses is that it is an excellent way to control household or garden pests. Most importantly is that it can perform its pest control duty without dangerous chemicals.

Its ability to control pests comes from the fact that diatoms are very small and very pointy, as can be observed in the pictures. Normally insects are protected from damage by their shell and liquid resistant oil coating. The tiny points of the diatoms can scrape the coating away and pierce the insect's shell. Just sprinkle the powder around the area and the insects will dry out and die over a few days. It is important to note that if you want to use diatomaceous earth around your house or garden, make sure and purchase "Food Grade" diatomaceous earth; which can be purchased at most hardware stores or gardening supply shops.

Even though it is environmentally friendly, there are still risks associated with its use. The most notable risk is if it is inhaled. The small size and general pointiness will irritate the lungs, the eyes, and the nose. It can also cause itchy dry skin. If you choose to employ it as a means of pest control, gloves and a dust mask are the recommended safety equipment.

No matter which method you may use to keep your gardens clear of pests, do so in a responsible fashion. As always contact the Kickapoo Environmental Office with any questions. Good luck and happy gardening.





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Working Together for a Better Community!

Upcoming Events

* CEDAR TREE REVETMENTS (MAY 7)

* SPRING E-WASTE ROUND UP (MAY 5-9)

**We would like to thank everyone for helping the
Clean Up on K-20 Highway even when it was raining.**



**Thursday,
April 24th
2014**

